

PEARL HARBOR FLEET AND FAMILY SUPPORT CENTER 2002 PROGRAM DESCRIPTIONS

ADULT COLLEGE AND VOCATIONAL SCHOOL FAIR. Whether you are a teenager thinking about going to college or an adult wanting to further your education, come and meet with college representatives from various colleges and vocational schools to obtain information and discuss options available for you.

ADULTS MOLESTED AS CHILDREN (ON GOING). If you were sexual abuse as a child, this weekly support group for women and men survivors of childhood sexual abuse can help. The group offers a safe place to learn, deal with the feelings, talk with other survivors, get validation, and heal in your adult life. For information and to register, call group leaders. Tuesday afternoon 1:00-3:00 p.m. group leader is Ms. Andrea Hantman, 473-4222 x248. Thursday evening 5:00-7:00 p.m. group leader is Ms. Susan Bierman, 473-4222 x259.

ALOHA TOUR. Newcomers will board a van to take them on an orientation of the island of O'ahu. Tour includes historical tidbits about the sites on and off base. Learn about the culture and the people as you tour the island. An absolute must for our newly arriving personnel and their families. Limited seating available and children must be at least 8 years of age.

ANGER MANAGEMENT. Designed for people who want to better control their anger in both work or social/family settings. Looks at what causes our anger, how we all make choices when we are angry, and how anger can work FOR us. A variety of specific, usable suggestions are given to assist people in managing the very human emotion of anger.

ANGER, TEMPER TANTRUMS, AND SIBLING RIVALRY. This workshop will help parents to minimize sibling rivalry, deal with temper tantrums, understand what triggers young children's anger and provide positive safe ways to deal with it.

ANNUAL RETIRED PERSONNEL SEMINAR. For Navy, Marine Corps, and Coast Guard retirees and their family members, widows, and widowers. Topics include benefits, commissary/exchange information, TRICARE, and veterans/legal services.

APPRECIATING YOUR HIGHLY ACTIVE CHILD (ADD/ADHD). Parents, do you wonder if your child has Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), or is he/she just a "normal" 7-year old? Do you worry that your child may be prescribed medication without exploring other options? This workshop will help answer questions regarding your child.

BETWEEN YOU AND ME: LEARNING TO COMMUNICATE. In this high-tech age, electronic messages can be sent around the world or beamed back to earth from outer space in a matter of nanoseconds. Personal communication remains problematic. This workshop helps parents learn to use skills of good communication with young adolescents.

BROWN BAG "PARENTING VIDEOS." Don't have time to attend a parenting class? Bring your lunch and watch parenting videos instead to get tips concerning discipline, communication, problem solving, single parenting, etc. Video titles are:

"When They Never... Ever Listen." Learn how to better communicate with your child.

"New Fathers – New Lives." New Dads, Step Dads, and Dads-to-be learn what to expect with babies and children.

"Parents or Pushovers?" Learn how things can easily get "out of control" and how to have more "parent-time" with your children.

"Help! I Have a Teenager." Learn how to get through adolescents/teens "raging hormones," weird styles, and how to better communicate with them.

BUILDING GOOD SELF-ESTEEM IN ADOLSCENTS AND TEENS (AGES 10-17). This workshop explains how low self-image affects your teen's behavior and how to overcome this through positive reinforcement and encouragement.

BUILDING GOOD SELF-ESTEEM IN SCHOOL AGE CHILDREN (AGES 5-10). Do you say, "Good boy or girl!" or "You're really helpful!" when your children are doing well or helping out? High self-esteem can be a parent's greatest ally for cooperation. Learn how to use the special "language of encouragement" instead of praise.

BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN (AGES 0-5). This class will help parents with infants, toddlers and preschoolers build good self-esteem through the use of encouragement instead of praise.

BUILDING LOVING RELATIONSHIPS. This class series combines entertaining videos and ideas to help you create a more loving relationship anytime, but especially when you return from deployment. Couples and individuals are welcome.

CAR BUYING STRATEGIES. What you should know before purchasing a car such as determining what you can afford, planning for the various expenditures of a car, and learning to get the best deal on the purchase.

CHECKING ACCOUNT MANAGEMENT. Learn skills to maintain and balance a checkbook, shop for the best checking account, and avoid common mistakes in handling a checking account. Students must bring their own calculators.

CHINATOWN WALKING TOUR. Come along on an escorted walking tour of Chinatown. A Pearl Harbor Fleet and Family Support Center (FFSC) staff member will introduce you to bits of history and various cultures associated with Chinatown. Wear comfortable walking shoes and bring spending money if you'd like to try some of Chinatown's delicacies. Limited seating available and children must be 8 years of age.

COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V). Offered to command-sponsored service members who will be assigned this collateral duty.

COMMUNICATING WITH KIDS AND TEENS. Relationships are a give and take, each party needs to understand the position of the other, not necessarily agree. Communication is the key to family bonding and good health.

CONSEP MID-CAREER PLANNING WORKSHOP (I-IV). A 4-day workshop. The Career Options and Navy Skills Evaluation Program (CONSEP) targets the life cycle of the service member by providing vital life and career decisive information such as personal planning, personal financial planning, Navy career options, and civilian career planning.

COUPLE COMMUNICATION. Married or committed couples will increase their awareness of their own communication style and that of their partner. Learn skills to communicate more effectively to meet your own and your partner's needs. Learn to manage conflict more effectively through improved communication skills. Couples and individuals are welcome.

CREATING A SUCCESSFUL STEPFAMILY. This workshop will cover topics such as "The Myth Of Instant Love," sharing a parent with other children, unrealistic or incompatible expectations, the discipline dilemma, and "What About The Non-custodial Parent?"

DEPARTMENT OF EDUCATION INFORMATION AND JOB FAIR. Special recruitment for military family members, retirees and their families, and active duty military personnel. Seminar covers qualification, certification, and recruitment requirements for positions in Hawaii for teachers, librarians, office staff, cafeteria personnel, security guards, and A+ Program staff.

DISCIPLINE AND YOUR SCHOOL AGE CHILD (AGES 5-10). Parents will learn alternatives to ineffective discipline methods.

DOD JOB SEARCH. Learn how to use the new Department of Defense Job Search website to find employment after separation from the Navy. This system allows you to place your resume on the internet and conduct job searches.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) COMMAND POC TRAINING. Mandatory requirement for all EFMP Command POCs to attend and learn their responsibilities concerning EFMP.

EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-II). Two-day seminar provides vital career/employment information in assisting all military members and their spouses **within six months of retirement** with a smoother transition from military to civilian life. Class fills rapidly. Registration is required through the service member's Command Career Counselor.

FAMILIES GROWING AND CHANGING TOGETHER. For positive growth and inevitable changes, family goals (both big and small) need to be established with input from all family members. Come and learn how to set up weekly Family Meetings, the format for positive growth and change.

FAMILY ADVOCACY SEMINAR FOR COMMAND LEADERSHIP. The Family Advocacy Seminar is for COs, XO's, CMCs/COBs and all command Family Advocacy POCs. It is designed to provide essential information on the Family Advocacy Program, process, and the command's role in Family Advocacy. Registration is required.

FAMILY NIGHT AT PEARL HARBOR KAI. In celebration of Child Abuse Prevention Month and Month of the Military Child, FFSC is hosting "Family Night" at Pearl Harbor Kai Elementary School.

FAMILY TRADITIONS AND VALUES. The decisions that each family feels are important to their well-being are the family values. These values have generally been handed down generation to generation with each generation keeping what is best for them in today's society and discarding the outdated.

FEDERAL EMPLOYMENT. Gain information on the employment process, salaries and benefits, for federal employment. Learn how to interpret job announcements and whether you are eligible to apply. Attendees will be provided guidelines, information, samples, and tips on completing the electronic Resumix.

FEDERAL SURPLUS FOOD DISTRIBUTION. Open to all active duty/retired personnel, their family members, and federal employees who meet the minimum income requirement. Upon pick-up of surplus food, a leave and earnings statement is required for proof of annual income.

FIGHTING FOR YOUR MARRIAGE (I-IV). A 4-part series focusing on specific steps for improving communication with your spouse or fiancé involving lecture, videotapes, and practice with your own communication "coach." This is a highly successful national program for increasing marital satisfaction and strengthening marriages. Couples need to commit to attending all four weeks.

FINANCIAL AWARENESS FOR COMMAND FINANCIAL SPECIALISTS. Command Financial Specialists meet and share ideas about their respective programs. Guest speakers provide up-to-date information on financial issues.

FINANCIAL AWARENESS FOR COUPLES. Couples will discuss and learn more about their personal finances. Some of the areas to be covered include budgeting, credit cards, savings and investments (including TSP), insurance and car buying. It is a seminar you do not want to miss!

FINANCIAL AWARENESS FOR SPOUSES. This workshop will help you discover reading the Leave and Earnings Statement (LES), preparing a budget, using credit wisely, learning investment options, and much more, as most spouses play an active role with family finances.

FLEET AND FAMILY SUPPORT CENTER (FFSC) DAY AT THE NAVY COMMISSARY. An FFSC representative will be at the Navy Commissary to provide information, resources, and handout materials.

FLEET AND FAMILY SUPPORT CENTER (FFSC) DAY AT THE NAVY EXCHANGE (NEX). An FFSC representative will be at the Navy Exchange to provide information, resources, and handout materials.

FOOD STAMPS APPLICATION BRIEF. Provides information on completing the Food Stamps Application as well as other available assistance.

FORGIVENESS IS AN OPTION. Too often unresolved anger and resentment keeps one stuck in the past and unable to fully experience today's joys. This workshop will discuss ways to process the pain from the past and move to forgiveness and freedom in the present.

GETTING READY FOR A JOB FAIR. Often wonder what to do or where to begin when going to a Job Fair? This class will take away some of the mystery and help you prepare to be among the best candidates who are ready to compete for the jobs.

GREAT SPOUSES ACADEMY. Provides spouses with Navy information pertaining to the benefits, privileges, and entitlements available in the military community. Workshop enhances understanding of the military lifestyle.

HITTING, SHAKING, SPANKING – WHAT TO DO INSTEAD. Did you know that spanking is violence? Have you tried everything and find yourself resorting to yelling or spanking? This workshop explains why spanking is ineffective, offers several alternatives to hitting, shaking or spanking, as discipline methods.

HOLIDAY STRESS. Learn the signs of holiday stress, how to cope during this season, and how to help yourself and your family (if your family is here with you) have an enjoyable and stress-less holiday.

HOME BUYING SKILLS WORKSHOP. Great opportunity to gain a strong foundation for home purchase decisions. Workshop focuses on the intricacies of Veterans Home Loans; examines other mortgage options; what to do before investing in a home; and details of the purchase process.

HOW TO DEAL WITH DIFFICULT PEOPLE. Develop skills to cope with those people who can “drive us crazy” or make our lives difficult. Specific suggestions are provided for dealing with or working with various difficult personalities.

INTERVIEWING SKILLS. This workshop teaches basic interviewing skills so you can present yourself as the best candidate for the position you're seeking. Learn how to answer those difficult interview questions. Get guidelines on what to do before, during and after the interview.

JOB FAIR. You will not find a better Job Fair in Hawaii than this one! There will be representatives from various Hawaii and Mainland companies and government agencies, who will be recruiting and available to talk with you. Be prepared. Dress professionally, bring your work history information to complete application forms, and bring many copies of your resume. Remember, first impressions are the most important ones.

JOB SEARCH VIA THE INTERNET. The Internet is a valuable tool to use in your job search. Learn to use search engines to locate employment announcement sites, company sites for research, and job descriptions. This is the wave of the future – catch it!

JOB STRESS. Do you love your job or hate it? Do you find it challenging or frustrating? Sometimes even when you love your work, the day-to-day demands can feel stressful and exhausting. Perhaps you can benefit from learning stress management techniques tailored to those life stressors specific to the working world.

KNOW WHAT YOU WANT, SAY WHAT YOU WANT, GET WHAT YOU WANT. One of the biggest hurdles in relationships is open communication, whether it's with children or adults. The class will assist the parent in understanding what they themselves want, expressing it appropriately and then enjoying the results.

LIFE INSURANCE BASICS. Provides basic information on the major types of life insurance, the reasons for buying it, and how to purchase a policy.

LOVING DISCIPLINE OF YOUNG CHILDREN (AGES 0-5). “Discipline” is not a “dirty” word. Learn why reward, physical punishment, and yelling are ineffective discipline methods and learn what works instead.

MANAGING MONEY AND CREDIT. Learn the basic skills and techniques of managing your money and budgeting, what you should be aware of with credit cards and loans, and planning savings goals.

MARS & VENUS COMMUNICATING. Even men and women who appear to be from different planets speaking different languages (man talk, woman talk) can learn to talk effectively to each other. This skill building class will help you get your point across to someone of the opposite sex.

\$MILLION\$ DOLLAR SAILOR (I-II). This 2-day class is designed for junior Navy personnel. It will teach them proper budgeting techniques, credit management, savings and investment options, insurance needs, understanding military pay and allowances, consumer rip-offs, how to obtain a loan, and new and used car purchasing techniques.

MONEY SKILLS FOR KIDS (AGES 8-12). Offers ideas for money-making projects and teaches basic principles of money management as well as techniques to inspire and motivate at an early age to be top performers.

MONEY SKILLS FOR TEENAGERS (AGES 13-15). Offers ideas for money-making projects and teaches basic principles of money management as well as techniques to inspire and motivate teenagers to be top performers.

MONEY SKILLS FOR YOUNG ADULTS (AGES 16-18). Offers ideas for money-making projects and teaches basic principles of money management. Techniques to inspire and motivate young adults to be top performers will equip them to make good money management decisions.

NETWORKING. Of all the job search techniques used in seeking employment, networking continues to be rated as the most effective job search method. Learn the proper techniques to network for employment opportunities in the hidden job market.

NEW DIRECTIONS SUPPORT GROUP. An ongoing, open-ended weekly support group for adults who want a safe environment to discuss troubling issues. Meets Thursday afternoons on a drop-in basis, no registration needed.

NEW PARENT WORKSHOP. New and soon-to-be parents will learn about the roles, responsibilities, demands and joys of being parents. The session will include early childhood development information.

OMBUDSMAN APPRECIATION DINNER. The Pearl Harbor FFSC sponsors the annual Ombudsman Appreciation Dinner. Reserved dinner tickets can be purchased from the FFSC Ombudsman Coordinator. Tickets are sold on a first-come, first-serve basis.

OMBUDSMAN ASSEMBLY MEETING. All Ombudsmen of COMNAVREG Hawaii, COMSUBPAC and COMPATRECONFORPAC Assemblies are encouraged to attend their monthly meeting.

OMBUDSMAN BASIC TRAINING. For all new Ombudsmen this training focuses on functions of the Ombudsman, newsletter writing, communication skills, and their role with commands and families. All COs, XO's, CMCs, COBs, their spouses, and other interested individuals are invited to attend on a space available basis. Registration is mandatory.

OMBUDSMAN QUARTERLY ADVANCED TRAINING. Specific in-depth quarterly training by subject matter experts on various topics are conducted. All Ombudsmen are encouraged to attend.

PARENT SUPPORT GROUP. Join this lunchtime support group. Group generated topics such as, discipline of children, exploring community resources, communicating with the "other parent," will be discussed.

PARENTING POWER. This class provides tools and options to work with when "staying the course" on decisions children would prefer to have changed. It is designed to keep the parent in charge and the children understanding and accepting that necessity.

PARENTS AND THOSE WONDERFUL TEENS (AGES 13-17). Learn how natural and logical consequences will work when punishment fails. Learn how to enforce the rules with consequences and ignore the resistance ("back-talk" and defiance). Learn how to "let-go" with love.

"PARENTS! CAN WE TALK? YOU BET WE CAN..." FOR ADOLESCENTS AND TEENS (AGES 10-17). Do you feel your adolescents or teens are speaking another language? Do they rarely share their feelings? Learn the gentle art of reflective listening, effective communication skills, and how to be an "approachable" parent.

"PARENTS! CAN WE TALK? YOU BET WE CAN..." FOR SCHOOL AGE CHILDREN (AGES 6-10). Good communication is the cornerstone of effective parenting. Learn specific steps to communicate, listen effectively, and how to get them to "open up" to you.

"PARENTS! CAN WE TALK? YOU BET WE CAN..." FOR YOUNG CHILDREN (AGES 0-5). Learn how to talk to toddlers/preschoolers on their level of understanding and listen to their feelings. Good communication will gain more cooperation from your young child.

PARTNERS IN HEALING. People who experience traumatic sexual events as a child are often severely impacted. In their adult lives they may continue their child survival skills that by now are unhelpful, even detrimental for them and their partners. If you are a partner or close friend of a victim of sexual abuse or rape trauma, come to learn personal coping skills and how to be an effective support for your partner.

PRE-RETIREMENT COUNSELING CHECKLIST (DD FORM 2648). This MANDATORY workshop is for service members who are within one year of retirement. Information on transition planning, SBP, VA benefits, and various resource assistance will be detailed. Spouses are welcome and encouraged to attend.

PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648). This MANDATORY workshop is for service members who are within one year of separation. Information on transition planning, VA benefits, and various resource assistance will be detailed. Spouses are welcome and encouraged to attend.

PREPARING FOR THE HOLIDAYS FINANCIALLY. Learn how to develop a holiday spending plan with a gift list and an overall survival plan that will assist you in obtaining a less stressful holiday season.

PREPARING YOUR CHILD FOR THE NEW BABY. This workshop teaches new parents how to break the news to their child that a new baby is coming. A variety of ideas on how to prepare younger children for the new baby will be discussed.

PREPARING YOUR PRESCHOOLER FOR SUCCESS IN SCHOOL. This workshop is designed to ease a preschooler's transition into kindergarten and explores ways to motivate children to learn. Parents will learn how a child's imagination works and how play and having fun are essential to learning.

RESOLVING FAMILY PROBLEMS. Resolving family problems must include all members of the family old enough to understand the daily routine of their family. The family team can resolve all “problems” of importance; the family team approach removes blame and works toward positive resolution.

RESUME WRITING. Excellent opportunity to learn how to write your own resume that can land you an interview. This workshop teaches the different types of resumes and the basics of writing a resume.

SAVINGS AND INVESTMENT BASICS. Learn the basic skills and techniques of managing and budgeting your money, where to begin, and how to shop for investments. Provides awareness of credit.

SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-II). Two-day seminar career/employment provides vital information in assisting all separating military members and their spouses **within six months of separation** with a smoother transition from military to civilian life. Class fills rapidly. Registration is required through the service member's Command Career Counselor.

SETTING GOALS IN YOUR JOB SEARCH. Often times we either don't know where we want to go or set out aimlessly only to end up frustrated. Learn how to equip yourself with the right tools to reach your goal. Join this class and sharpen your tools!

SKILLS FOR MANAGING STRESS AND ANGER. A “hands on” workshop that targets your anger and stress levels. The class helps you develop or strengthen your own individual coping strategies to manage stress and anger, thereby managing your life more effectively.

SMART MOVE. Provides information to assist service members and their spouses in planning an upcoming move.

SMART MOVE FOR KIDS (AGES 4-10). This workshop is especially for children that will be making a PCS move this summer.

SPONSOR COORDINATOR TRAINING. A workshop designed to educate Sponsor Coordinators on the various resources available with an emphasis on how to assign and motivate sponsors. Also learn how to evaluate command's Sponsor Program to ensure it is successful in easing the relocation stress of their incoming personnel.

SPONSOR TRAINING. Learn how to become a good sponsor by having the information needed to assist the incoming personnel and their families assigned to you. Spouses are encouraged to attend.

STRESS MANAGEMENT. Learn how stress affects our personal and professional lives, how to decrease the stress we are experiencing, and how to interrupt the stress cycle and use relaxation techniques. This class is highly recommended for active duty personnel, family members and DoD employees.

SUCCESSFUL COMMUNICATIONG SKILLS. Ideal for couples and individuals. This class discusses communication skills, blocks to clear communication and ways people can improve their present skills to more effectively communicate with others at home, at work and in social situations.

SUCCESSFUL RELATIONSHIP HABITS (I-II). A 2-part series. This workshop provides an opportunity to explore your present relationship beliefs and issues in a safe environment. In the process, an inside-out approach for resolving personal difficulties and improving your family and social life will be suggested.

SUPER SITTERS (I-III) (AGES 12-18). A 3-day class. COMNAVREG Hawaii Base Housing regulations require children to be at least 12 years old to care for younger siblings in their own home or children at other homes for babysitting. Training is recommended on base housing regulations. This class will cover basic care of children, safety, emergency procedures, effective discipline, encouragement, infant care, and child development.

THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES. Learn how TSP can help military members set aside a monthly amount from their paychecks to build a nest egg for future needs, especially their retirement.

TROA – MARKETING YOUR SELF FOR A SECOND CAREER. For officers and senior NCOs who plan to leave the service in the next one to five years. Topics are “Job Competition,” “A Plan for the Transition,” “Networking,” “Strengthening the Resume,” and “Salary Negotiations and Benefits.”

UNDERSTANDING PERSONALITY TYPES IN CAREERS. Identify your personality type preferences using Myers-Briggs Type Indicator (MBTI) and focus on your natural strengths in making career choices.

UNDERSTANDING PERSONALITY TYPE IN PERSONAL RELATIONSHIPS. Identify your personality type preferences using Myers-Briggs Type Indicator (MBTI) and focus on your natural strengths in personal relationships. Are you an introvert or an extrovert, a sensor or an intuitive, a thinker or feeler, a judger or a perceiver – and what does that mean in a relationship with someone who is not “your type”?

WELCOME TO HAWAII. This workshop will help you to understand and appreciate all that is unique about the people of Hawaii.

YOU, YOUR FAMILY AND THE MEDIA (TV, MUSIC, VIDEO GAMES, MOVIES). Do you know what your children are watching on TV? Children spend more time watching TV than they do on homework or with their family. Children are especially vulnerable and are easily influenced by the media. Learn how the media influences your children’s behavior and what you can do.